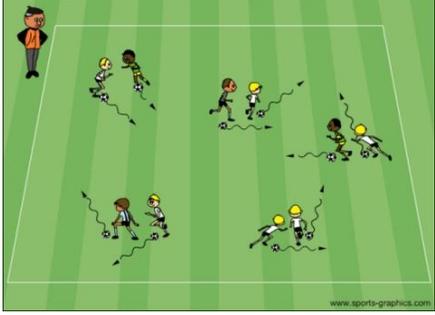


# (U8) --- Week 9

Activity 1	Activity Description	Coaching Considerations
	<p><b>Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p><b>Coach:</b> Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<ul style="list-style-type: none"> <li>• Dribbling with different surfaces of the foot</li> <li>• Ability to stop and go</li> <li>• Dribble with the head up</li> <li>• Sudden change of direction</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<ul style="list-style-type: none"> <li>• Challenge players to use different surfaces of foot</li> <li>• Players must dribble with their heads up</li> <li>• Encourage the players to try a new move</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Knock Out:</b> All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p><b>Coach:</b> Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p>	<ul style="list-style-type: none"> <li>• Protecting the ball</li> <li>• Dribbling with different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Moving Goal:</b> All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p><b>Coaches:</b> Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>	<ul style="list-style-type: none"> <li>• Head up while dribbling to find the goal</li> <li>• Change speeds while dribbling</li> <li>• Keep the ball close to your feet</li> <li>• Change direction</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p style="text-align: center;"><b>3v3 or 4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>